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| **Warrigal Greens Frittata**    Serves 24 tastes  Source: Adapted from Stephanie Alexander | |
| **Ingredients**  (Makes 2 frittatas)  1 onion, thinly sliced  2 cloves of garlic, chopped  20 leaves Warrigal greens  3 roma tomatoes (or equivalent other tomato) cut into thick slices  1 zucchini, washed and diced  2-3 cooked chopped potatoes  1/2 cup mixed herbs from the garden, washed and dried  6 eggs  Salt and pepper  1/4 cup olive oil, plus one tablespoon | **Equipment**  Saucepan of boiling water  Chopping boards  Knives  Measuring cups  3 mixing bowls  Whisk  2 large non -stick fry pans  Egg lifter  2 Large plates |
| **What to do:**   * Remove leaves from the stems of the Warrigal greens and blanch the leaves in boiling water for exactly 3 minutes * Drain the leaves and rinse well under cold water, and set aside * Slice the onion finely and chop the garlic * Heat 1 tablespoon of olive oil in a pan and sauté onion until transparent, add garlic and zucchini and cook briefly (take care not to burn the garlic) * Divide the onion between 2 mixing bowls (you are making 2 frittatas) * Chop the herbs and divide between the bowls of onion * Slice the tomato and potatoes, divide between the bowls * In a clean bowl, break in 3 eggs, season with salt and pepper and whisk until combined, tip this over one bowl of prepared vegetables and mix to combine. * Break the other 3 eggs, season, whisk and pour into the other bowl of prepared vegetables mix to combine * Heat the 2 non-stick fry pans over a medium heat * Put ¼ cup oil into each pan, when the oil is hot carefully pour an egg and vegetable mixture into each pan * The mixture should puff and frill at the edges as soon as it hits the hot pan. Reduce the heat to low and cook for 5 minutes or until the bottom is set and golden brown. Use the egg lifter to check this. The top will still be moist. * Slide the frittata out onto one of the plates, place the other plate over the top and being very careful, flip the frittata onto the second plate. * Slide the frittata back into the pan and complete cooking for 3- 4 minutes * Repeat the process with the other frittata * Slide the cooked frittatas out onto a clean chopping board and divide for serving | |